SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 8

Casserole for the lazy cook

The slow cooker does some of the work to get this polenta and vegetable dish on the table PAGE 11

HERE COMES THE BRIDAL GOWN

STYLES OF 2013 MIX THE TRADITIONAL AND THE FORWARD, FROM LACE TO PEPLUM WAISTS PAGE 12

SASKATOON metro®
Thursday, January 17, 2013
News worth sharing.
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National day of action keeps Idle No More moving

Protests. Premier Wall applauds province's First Nations leaders

Native groups across Canada participated in a national day of action Wednesday as part of the growing Idle No More movement. Protests included everything from slowing traffic on highways to stalling rail lines.

Before protests began in Saskatchewan, Premier Brad Wall had some positive things to say about the tone that Idle No More has taken in the province.

"Our First Nations leaders in this province and the originators of Idle No More, I think, have conducted themselves throughout all of this in a very constructive and positive way," said Wall. "The message from the Idle No More founders here in the last few days to those who have perhaps been planning blockades or illegal activity has been very helpful — they said that is not what Idle No More is all about."

More than 100 protesters turned up in Regina at 1 p.m. Wednesday to march to the legislative building, disrupting traffic along the way.

In Saskatoon, Idle No More supporters gathered for a round dance at the intersection of 20th Street and Idylwyld Drive.

If current trends continue, it is likely that there will be more protests in the future.

"The more walks the better," said Shawna Oochoo, an organizer for the Treaty 4 Grassroots movement that planned the Regina action. "The idea is to continue to unite the community towards this movement."

JEFF MACKEY/METRO IN REGINA

Idle No More protesters block traffic as they march south on Albert Street in Regina Wednesday afternoon. JEFF MACKEY/METRO IN REGINA

An evening with The Fonz

Local ladies will celebrate one deserving volunteer at the Silver Spoon Dinner in May, while also schmoozing with celebrity guest Henry Winkler PAGE 2

Could you resist this man in uniform?

'Wild-card royal' Prince Harry is crowned the world's most eligible bachelor PAGE 8

Hundreds of women gather at the 2011 Silver Spoon Dinner, which is touted as "Saskatoon's premier ladies night out." The dinner is renowned for its lavish meals, fancy dresses and celebrity guests. CONTRIBUTED/SILVER SPOON DINNER

Saskatoon's Silver Spoon Dinner gets an 'Ehhh'

Fancy and The Fonz.
More than elegant fundraising fun, annual event fetes one local volunteer

JANE CAULFIELD
jane.caulfield@metronews.ca

It's an evening of lavish food, elegant dresses and celebrities. No, it's not the Oscars — it's the annual fundraiser, the Silver Spoon Dinner.

"Twenty three years ago we decided to put on a very fancy women's dinner — it was just unheard of. There was no women's dinner back then," said Jan Gitner, publicity chairperson. "Of course there are more now, but we are the biggest, we are the fanciest."

The first dinner was served in 1991 and since then organizers have managed to bring a wide variety of celebrities to Saskatoon including Joan Rivers and last year's guest, Shannon Tweed.

This year's guest is Henry Winkler, who is most known and loved as The Fonz from the TV classic Happy Days.

"He's going to be a very friendly, schmoozing type of guy. He's just a gentleman in every sense," said Gitlin.

But the chance to meet a celebrity isn't the only reason why people attend the dinner. The dinner presents one lower profile and local volunteer with the Stirling Award.

"They work really, really hard and have good core values and want to give back to their community ... That's what our Stirling Award is all about," said Gitlin.

The annual dinner raises funds for a variety of charities in the city including Interval House, Crisis Nursery and, this year, the Saskatoon Hadassah-WIZO and the Congregation Agudas Israel Jewish Community.

Dinner details

- This year's dinner takes place on May 6.
- Tickets are $175 and can be purchased online at Picatic.com/silver-spoondinner.

A 57-year old man was found dead in his cell at the Saskatoon Police Service detention unit on Wednesday morning. MORGANMODJESKI/METRO

Police detention death.

Man dies while being held in cell overnight

Police are investigating a sudden death after a 57-year-old man was found dead in a detention unit of the Saskatoon Police Service.

The man, who was discovered at 7:50 a.m. Wednesday morning, was arrested at roughly 7:15 p.m. on Tuesday night for public intoxication and was found to have three outstanding summary offence warrants and was transferred to a retention cell.

Police say the man was assessed by an on-duty paramedic and checked regularly overnight by detention staff.

Members of the major crime unit and the office of the chief coroner are also investigating.

MORGAN MODJESKI/METRO

Ministry faces lawsuit

Mother of dead girl claims Social Services should have done better

A Regina woman is suing Saskatchewan's Ministry of Social Services over the death of her four-year-old daughter.

In a statement of claim, Natasha Goforth alleges Social Services was warned years earlier about problems at the foster home where her daughter lived.

The statement alleges Social Services did not properly investigate complaints regarding the foster parents and turned a blind eye to previous reports of abuse.

The girl died last August after she was brought to a Regina hospital in an unresponsive state. Caregivers Tammy Lynn Goforth and Kevin Eric Goforth are charged with manslaughter.

None of the allegations have been proven in court and the government declined to comment.

THE CANADIAN PRESS

Aboriginal issues

Premier Wall eyes First Nations funding change

Saskatchewan Premier Brad Wall says the government is moving away from funding meetings that don't deliver results on aboriginal issues.

The premier says the tables are places where interminable talk happens and the problems continue.

Wall says what's missing is direct action that would link First Nations people with existing opportunities for training and jobs.

He suggests it's time for a different approach.

The premier says the Federation of Saskatchewan Indian Nations has been told the government will be a willing partner in projects that are about results in education and employment.

THE CANADIAN PRESS

Soar values

Record passenger numbers are wind beneath wings of Saskatoon airport

A record number of passengers flew out of the Saskatoon airport last year.

More than 1.326 million people boarded flights at John G. Diefenbaker International Airport in 2012.

That broke the previous record of 1.246 million set in 2011. Officials say passenger traffic has been steadily increasing for nine consecutive years. THE CANADIAN PRESS/ GLOBAL SASKATOON

Obama announces $500-million strategy to combat gun violence

Your move, Congress. U.S. president bracing for blowback from gun owners, lawmakers and lobbyists

President Barack Obama on Wednesday launched the most sweeping effort to curb U.S. gun violence in nearly two decades, announcing a $500-million package that sets up a fight with Congress over bans on military-style assault weapons and high-capacity ammunition magazines just a month after a shooting in Connecticut killed 20 school children.

Obama signed 23 executive actions, which require no congressional approval. But the president, speaking at the White House, acknowledged the most sweeping, effective actions must be taken by lawmakers.

"To make a real and lasting difference ... Congress must act soon," Obama said.

The president appealed to the nation's conscience, but his announcement promises to lead to a bitter fight with a powerful pro-gun lobby that has long warned supporters that Obama wanted to take away their guns.

The U.S. has the highest rate of gun ownership in the world, and pro-gun groups see any move on gun restrictions as an offence against the right guaranteed by the Second Amendment of the U.S. Constitution. Critics counter that the country's founding fathers never could have foreseen assault weapons more than two centuries ago, when guns were intended for the common, not individual, defence (often stored in community areas) and rifles fired one laborious shot at a time.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." THE ASSOCIATED PRESS

President's daughters

NRA ad is 'cowardly': White House

The White House says a National Rifle Association video that makes reference to President Barack Obama's daughters is "repugnant and cowardly."

The comments referred to an online video from the pro-gun lobby that calls Obama an "elitist hypocrite" for having armed Secret Service agents protect his daughters at school while voicing skepticism about installing armed guards in all schools.
THE ASSOCIATED PRESS

Posing as American

Gun buyer ordered to leave U.S.

A Canadian man has been sentenced to nearly 16 months in prison for lying in order to buy guns in the U.S.

Federal prosecutors say 35-year-old Jeremy Gertsch, of Oka, Que., was also sentenced Tuesday in U.S. District Court in Bangor, Maine, to three years of probation. Because he had already served his sentence awaiting trial, he was ordered back to Canada and told not to return to the U.S.
THE ASSOCIATED PRESS

Twitter troller

Celeb harasser put on probation

A Quebecer who used Twitter to harass celebrities including singer Avril Lavigne and Montreal Canadiens forward Max Pacioretty has been put on probation for two years.

Jean-Francois Champagne has also been sentenced to 140 hours of community service.
THE CANADIAN PRESS

Misdiagnoses

Breast-screening apps a bust: Study

Smartphone apps that analyze photos of moles to assess whether they might be potentially deadly melanoma or benign lesions vary widely in accuracy, say researchers, who warn patients against using them for diagnosis.

A study of four such applications found they incorrectly classified at least 30 per cent of melanomas as being of no concern. THE CANADIAN PRESS

France, Mali in search of lifeline

Foreign Affairs Minister John Baird walks with Traoré Ami Diallo, Mali's ambassador to Canada. France's Ambassador Philippe Zeller told The Canadian Press his country is grateful for Canada's contribution of a military transport plane to the Mali mission, but says money is needed to support the international force, which will eventually be buttressed by 2,500 French troops. Prime Minister Stephen Harper has ruled out any Canadian combat contribution, saying that's not how he interprets the UN resolution urging support of Mali.

ADRIAN WYLD/THE CANADIAN PRESS

Judgments. Vancouver student's provocative photo sparks discussion

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgment, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and reblogging it.

She took the photo as part of a high-school art project last year as a way to reassess her assumptions and preconceptions about how women dress.

"If you see a girl wearing something you see as distasteful, then you automatically discount them as a person and you don't give them the opportunity to really be somebody in your eyes," said Lake, 18. "And that's really shameful."

She says the image is also meant to be a response to rape culture. Right under the words slut and whore on model Ali Mackenzie's leg are the words "asking for it."

Student Rosea Lake's photo, titled Judgments. HANDOUT

Lake says that living in a "rough neighbourhood," she has often wondered if her outfit will result in her being "sexually harassed or verbally abused."

"These are the things I think about, and I don't think women ... should have to worry about 'Am I going to be raped because of what I am wearing today?'" TORSTAR NEWS SERVICE

DNA. Behaviour of bullying victims linked to genes, study suggests

The episodes of bullying that mar early grade-school years for hundreds of children may be a partial result of the victim's DNA, a new study suggested Wednesday.

The behaviours that most often lead to exclusion and victimization in the classroom or schoolyard have their roots in a student's genes, the study said, arguing that children's genetic makeup has a direct impact on the quality of the interactions they enjoy with their peers.

The findings were published on the website of the journal Child Development.

Michel Boivin, lead researcher and psychology professor at Université Laval, said a child's genes will often dictate the way they act, which will in turn shape their experiences both in and out of the classroom.
THE CANADIAN PRESS

Cirque du soleil to let go of 400 staff

Blame the loonie.
Company says they had a record year, but no profit due in part to production costs

Performers from Cirque du soleil perform at the 84th annual Academy Awards last year in Hollywood. GETTY IMAGES

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing. "The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight.

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more than $1 billion."

Despite that, Cirque didn't make money, Ménard said. She said the powerful loonie hit Cirque hard in that its profit is affected by nearly $3 million for each cent the currency gains against the U.S. dollar.

Cirque employs about 5,000 people worldwide, including 2,000 in Montreal.

It still has 19 productions worldwide and is currently working on a new show that will open in May in Las Vegas. Another touring production that will open in the spring of 2014 is also in the works.

Cirque's performances have played to an estimated 15 million people since it was founded by street performer Guy Laliberté in 1984.

It has undertaken several years of unprecedented expansion amid the world economic meltdown in 2008, but has been forced to close four shows in the last couple of years.

THE CANADIAN PRESS

Employment

Applicants with disabilities overlooked: Panel

Many companies struggling to find the right employees are overlooking a talented pool of disabled workers, a government-commissioned panel has found.

The group found that almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

Their report says that when companies hire people with disabilities, no special accommodation is required in 57 per cent of cases. When arrangements are necessary, the average cost to the company is just $500.

THE CANADIAN PRESS

Smoking batteries

Boeing 787s grounded over safety concerns

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries.

For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787, this time on Japan's All Nippon Airways.

Almost half of the 787s that have been delivered have been grounded for safety checks. And the latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought.

The Dreamliner has been beset for more than a week by one mishap after another. THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.41¢
(-0.21¢)

Natural gas: $3.44 US (-2¢)
Dow Jones: 13,511.23 (-23.66)

TSX
12,608.82 (-33.15)

OIL
$94.24 US (+96¢)

GOLD
$1,683.20 US (-70¢)

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GET YOUR FLU SHOT, JACKASS

HE SAYS...
John Mazerolle
metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

Take one for the team

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.

Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES

A storm is a-brewin'

DAIMLER AG/CONTRIBUTED

Man-made weather

Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. METRO

Artificial tornadoes

Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVEtec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. METRO

Faking it

Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

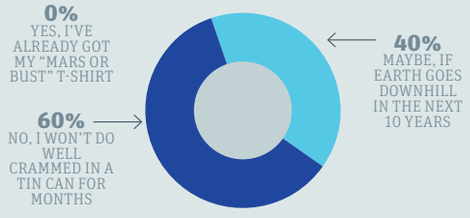
Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be applying for a one-way trip to Mars in 2023 with the Mars One project?


0%
YES, I'VE ALREADY GOT MY "MARS OR BUST" T-SHIRT
60%
NO, I WON'T DO WELL CRAMMED IN A TIN CAN FOR MONTHS
40%
MAYBE, IF EARTH GOES DOWNHILL IN THE NEXT 10 YEARS

Twitter

@TheOtherHilary: Lovely old red BMW M3 coupe on 42nd, shame he couldn't muster up the energy to clean off rear window as he's almost taken out at least 1 car

@SaskGregger: $100 says the paperboy slips and falls on my driveway this morning #yxe

@radlady: @neighborsdo9 is looking for a cool house to film a House concert in #Saskatoon! #yxe let em know if you're game! #houseconcert

@SaskGatz: I've got my eye patch on, my parrot on my shoulder and a barrel of grog at the ready. #PiratePlayList

@Jeffdotca: I wonder where Napoleon Dynamite is now?

metro

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SCENE 2

Making classical accessible

Elixir Ensemble.
Musicians hope to take the stuffiness out of genre

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

The Elixir Ensemble will perform at Convocation Hall on Feb. 2. SIMON HIATT/FOR METRO

Elixir Ensemble isn't your typical chamber music quartet. For one thing they apparently feature five members.

In addition to Oxana Ossiptchouk, Kathleen Solose, James Legge and Scott McKnight, the fifth component of the group, Convocation Hall at the University of Saskatchewan, has almost as big of an impact on performances.

"It's pretty temperamental, it really is like one of the members of the group," said McKnight, the group's cellist.

All four human members of Elixir are quick to point out they love playing in the room, located in the Peter MacKinnon Building. It can just be a bit challenging.

"It's a little quirky. I think there's some weird acoustic phenomena, partly because of the arched ceiling. Sometimes just sliding over a couple of feet can completely change the way the room responds," said Legge, who plays violin.

"That's why Jim is still always sliding around," added Ossiptchouk, a fellow violinist, with a laugh.

Clearly these are people who know how to hit the right notes, but that doesn't mean they fit the common stereotype of stuffy classical musicians who are deadly serious.

They believe their music should be enjoyed by everyone and their main goal is to make it accessible.

"We think our music has a general public appeal, it's not just for connoisseurs. We're all human beings and anyone can relate to the music and composers," said pianist Kathleen Solose.

Although the group is typically dressed up for performances, there is no dress code for the audience and Ossiptchouk encourages adults to bring their children to the shows.

"No one should be intimidated by it. I feel like some people are afraid of the whole genre," said Legge. "It's an exploration and whatever you hear in it and however it makes you feel is totally valid."

That doesn't mean the group won't challenge the audience. Their most recent performance featured three rarely performed British pieces.

The next show, The Russian Heart and Soul, will include some music unfamiliar to most but will also feature two of the most famous composers; Rachmaninov and Shostakovich.

"For us, it's important to play something new as professionals. It can't just be Haydn and Mozart forever. It's great to discover something else," said Ossiptchouk.

The Elixir Ensemble will perform a pair of shows at 2 p.m. and 7:30 p.m. on Feb. 2 in Convocation Hall at the University of Saskatchewan.

National Historic Site

Peter MacKinnon building's history

Sir Wilfred Laurier laid the cornerstone for the Peter MacKinnon building, formerly known as the College Building and home to the University of Saskatchewan Convocation Hall, in 1910. It was completed in 1913 at a cost of $297,000.

It had to be closed in 1997 due to structural problems, but was designated a National Historic Site, renovated and rededicated by MacKinnon and Premier Lorne Calvert in 2005. It was renamed for the former U of S president last year.

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Lena Dunham and Jemima Kirke star in the smash hit series Girls on HBO. JESSICA MIGLIO

The Girls are back in town

HBO show. Lena Dunham speaks about keeping her creative process clear of the expectations of fans and the network

MEREDITH ENGEL
Metro World News

We're sitting across from Lena Dunham, comparing chipped manicures. In that moment, it's almost as if she's just your average 26-year-old. But Dunham — the creator, director, executive producer, writer and star of HBO's wildly successful Girls — is anything but.

Last season, critics and viewers alike were smitten with Dunham's fresh take on the lives of 20-somethings in New York City. As she put together Season 2, which is now airing, Dunham says she wasn't fazed by everyone's expectations.

"I know that would be an easy emotion to get in touch with if you let it run wild, but I really wanted to keep the environment safe for everyone on set," she says. "I really wanted to also not start using Twitter or fan reaction to sculpt the story. You want to keep everyone engaged and give them what they came for, but you need to push for it creatively."

Inside her creative bubble, Dunham can steer clear of what people are saying about the show.

"I tried to keep a lot of it out. It's hard, obviously — all the sort of, like, sociopolitical debate around it gets exhausting," she says, acknowledging somewhat the criticism about a lack of diversity in the cast. "You want to satisfy everyone but also keep yourself safe from that kind of constant scrutiny."

But she did appreciate the positive notes she received from viewers.

"It's nice to know which characters people respond to, and that people are excited about the Hannah/Adam relationship, and I wanted to push that forward," she says. "But I felt lucky that I was still able to stay isolated and just keep moving."

And keep the show moving she does. This season brings a new boyfriend for Hannah and new work problems for Marnie, plus life adjustments for the recently wed Jessa and newly de-virginized Shoshanna.

And though the characters are in a constant state of 20-something flux, Dunham does think that one of her girls has herself figured out a bit more than the others.

"It's funny, I used to think it was Marnie — that seemed like the obvious answer," Dunham says of the preppy art gallery employee. "But I'm gonna say something crazy, which is that in some ways I think Jessa is, like, the most self-actualized person. She is so in touch with her core that it's like, yes, sometimes she goes off to France without notice, but that's because she's in touch with the part of herself that isn't happy where she is."

Wherever the characters find themselves this season, viewers can expect at least one thing: envelope-pushing. Says Dunham,

"I think we actually got a little more experimental because we kind of felt like, let's push this even further."

Quoted

"She is so in touch with her core that it's like, yes, sometimes she goes off to France without notice, but that's because she's in touch with the part of herself that isn't happy where she is."

Lena Dunham
Speaking about the preppy art gallery employee on Girls

Interview. The ongoing balancing act of Andrew Rannell

HBO's star of Girls and NBC's The New Normal Andrew Rannells speaks to Metro about switching gears between two shows, tough bosses and dishes on working on the shows.

You're on Girls as well as NBC's The New Normal.
Totally different shows. ... Girls could not be more different and so exciting.

And Girls is your first show?
I mean, truth be told, I did one episode of Sex and the City as a headless stripper. It was when Charlotte started having sex with Harry and Mario Cantone takes Charlotte to a gay bar and the scene starts, like, on a naked torso and it's mine. But I don't really count that because Girls was the first time I actually got to speak on television. You actually saw my face.

Is it hard switching gears between the two shows?
Initially it was a little tricky because I get to improvise a little bit over (at) The New Normal, and my instinct is always to curse, which (on Girls) was completely acceptable, and not at NBC. I remember improvising something — I was like 'Well, that's f—ed,' and then they looked at me like, "Andrew, you can't."

Who is the tougher boss: Lena Dunham, or New Normal director Ryan Murphy?
I wouldn't say either of them are tough. They're actually really similar in a lot of ways. They both have really clear visions of what they really want, which is awesome to work with. Theatrically, with my experience, you can work with people who are kind of trying to figure it out and that gets a little tedious because then you feel like you're just spitballing forever. But Lena and Ryan both have such clear visions of what they do and such a strong sense of what their voice is that it makes it really easy to get on board with their vision.

This season you and Hannah become roommates. Are you a good duo?
Yeah, in this first episode we really are starting off as perfect roommates, and it looks very idyllic, and then it sort of takes off from there. But I think that initially Elijah and Hannah are very good roommates.

Will there be a crash and burn?
Maybe!

MEREDITH ENGEL/METRO WORLD NEWS

Frank Ocean.
GETTY IMAGES

Ocean among GLAAD Media nominees

GLAAD has named the film Cloud Atlas, AMC's reality show Small Town Security, and the New Yorker magazine among its nominees for the 24th Annual GLAAD Media Awards.

The Gay & Lesbian Alliance Against Defamation announced on Wednesday 120 nominees in English-language categories and 33 nominees in Spanish-language categories.

Other nominees include the NBC shows Smash and The New Normal, Frank Ocean for his Channel Orange album, the magazine People en Espanol, and Oprah Winfrey's interview with Neil Patrick Harris and partner David Burtka.

The awards are meant to recognize and honour media for outstanding images of the gay and lesbian community. The winners will be announced March 16 in New York and at ceremonies in April and May in Los Angeles and San Francisco.

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Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I IX VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCMLXXV."

Justin Bieber. ALL IMAGES GETTY

Lindsay Lohan

Lohan 'caused $50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many cigarette burns, they had to change all the carpets. She did at least $50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Prince Harry named world's most eligible bachelor

He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

Twitter

@ElizabethHurley
Oh Lord, the rain.....

@ricky_martin
No matter how baddass you are, if a child hands you a plastic phone, you answer it

@ladygaga
So proud of @justinbieber and all the Beliebers! I'm only happy to see your fans growing in size, you all deserve it! Monsters support you!

@SteveMartinToGo
I'm tired, yet I still tweet

Elton John and David Furnish.

Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to have children, but the reality that we now have two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

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ANNASOPHIA

In The Carrie Diaries, the television prequel to Sex and the City, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes.

STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA MCGUINNESS
life@metronews.ca

On putting the makeup on ... and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

'80s makeup — yay or nay?

"Eighties makeup was just a bunch of colours and crazy neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look warm. Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for Sex and the City. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel The Carrie Diaries. He talks about how he created the wardrobe for her teenage, 1980s life in The Carrie Diaries.

The wardrobe was such an important part of Sex and the City, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was actually quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carries — Sarah Jessica Parker and AnnaSophia Robb. How do they differ in their approach to her fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

ROMINA MCGUINNESS/METRO

Carrie's keepsakes

Carrie was known for that name plate necklace and her Manolos. What are some of the key accessories and clothing items you're using on the show right now?

- "A personalized Carrie bag from Mark Cross, a "C" initial pendant from Alex Woo and a black polka dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in New York."

Eric Daman is also known for styling the cast of Gossip Girl. PROVIDED

Take a peek inside of AnnaSophia's makeup bag

L'Occitane

Rose 4 Reines velvet hand cream
"My hands are always so dry. I love this cream."
$22, loccitane.com

Pangea Organics

Pyrenees Lavender with Cardamom lip balm
"My best friend turned me on to this one."
$12, pangeaorganics.com

L'Oreal

Mascara and stand brush
"This one is awesome because you can cover your entire lash without it getting clunky."
$22, loreal.com

Lavanila

The Healthy Roller Ball Pure Vanilla
$19, lavanila.com
"I wear lots of different scents. Right now it's Signorina by Salvatore Ferragamo and Covet by Sarah Jessica Parker. But I usually carry roll-on perfume — just in case. My Lavanila stays on and smells holiday-esque."

Bare Minerals

Original SPF 15 Foundation
"I don't like wearing makeup on my face. But when I do, I don't want anything heavy so I use powder foundation."
$27, bareescentuals.com

You don't need to rebuild your house from scratch — but winter is the perfect season for DIY projects. ISTOCK IMAGES

New year's resolution: make time to DIY

Your dream home.
With a small budget and minimal time, you can give every area in your home a face-lift

With cold weather in full swing, most of us spend our time indoors. So why not take that time to spruce up your living quarters so that they become a special retreat where you feel comfortable and cosy?

The littlest things can go the longest way in your home.

For Your Kitchen
The kitchen island is a popular element that won't be removed anytime soon from room designs.

To give your kitchen a makeover, consider changing the colour of your island by staining or painting it. A fun pop of colour or a classic neutral can change the whole look of the space for an instant update.

An easy way to make your kitchen more functional is to create a magnetic board for empty wall space.

Along with magnetic accessories, this can become a handy place to store everyday items, hang important notes or even reference recipes.

For Your House
An easy way to add instant, personalized decor to your home is to fill glass bowls or canisters with your favourite things.

They can then be displayed simply on coffee tables, bookshelves or anywhere that needs a touch of life.

Fill them with food like nuts, wrapped chocolates or fruit — or even with more personal items such as souvenirs from a recent trip.

Another simple way to add colour and life to your home is by taking advantage of simple frames.

Use leftover pieces of fabric or wallpaper in frames with basic white mats and you have an instant way to incorporate colour or pattern into a room.

For Your Yard
Just because your yard will be imminently covered in snow doesn't mean you can't think about the sunny days ahead! Use this indoor time to create a landscape plan for when the ground thaws.

Fill the area with consistent blooms throughout the year for a real retreat in your backyard.

If gardening isn't your interest, consider patio planning. Think through the perfect patio design for your backyard before implementing it during the warmer months.

Be sure to consider purpose, location, size and of course any fun extras and accessories that you want to include!

FOR EVEN MORE INSPIRATION AND TO SEE DREAM HOUSES BUILT FROM START TO FINISH, CATCH THE BRAND NEW SERIES RAISING HOUSE MONDAYS AT 9PM ET/PT ON DIY NETWORK CANADA.

This year's evil green decor trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over the last year.

This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throwback to the glamourous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the rest, I say do not get caught up in the hoopla-ha of it all. In about 300 days there will a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

Use it as the single colour in the room (mixed with an all-over neutral)
Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with bold uses of this rich green colour.

Go big and make everything emerald green
From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

Use it as a little spark of colour
Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.

Vibrant green walls look great when punctuated with fresh white or dramatic black. **Emerald Isle from Benjamin Moore Paint**

Emerald upholstery is a commitment best left to disposable slipcovers. **Photo: Supplied**

Ottoman Yama Patchwork Rug, $15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours. **eCarpetGallery.com**

Siirtolapuutarha Cushion, $59

A dash of green is the best way to implement this year's colour into your existing decor scheme. **EQ3.com**

Forget the soups and stews, how about some fresh cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling.

Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

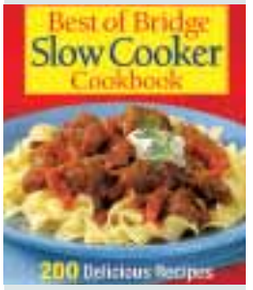
Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

Sweet Potato Cannelloni

This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

Slow it right down



Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood potluck to elegant appetizers, breakfast and brunch ideas to delectable desserts.

The recipes are categorized into: All-Day Breakfast; Nibbles, Dips and Drinks; Soups, Beef and Veal, Pork and Lamb, Chicken and Turkey, Meatless Mains, Sides and Accompaniments and Desserts. **METRO**

Make the slow cooker do part of the work for this casserole

This recipe serves four. THE CANADIAN PRESS H/O

Your slow cooker can prepare part of a recipe. Here, the appliance is used for polenta, a versatile Italian grain dish made by cooking cornmeal in broth or water, which is then transformed into a hearty vegetarian entree. Start the Vegetable Polenta Casserole meal with a salad.

1. Grease insert of a 3 1/2- to 4-quart slow cooker. Grease a 33-by-23-cm (13-by-9-inch) baking dish.

2. Place cornmeal, salt and pepper in prepared slow cooker. Gradually add boiling water, whisking constantly until blended. Cover and cook on low for 1 1/2 to 3 hours, until liquid is absorbed and cornmeal is tender.

3. Transfer slow cooker insert to a heat-resistant surface. Stir in cream cheese, 175 ml (3/4 cup) mozzarella and 50 ml (1/4 cup) Parmesan. Spread two-thirds of the polenta in prepared baking dish; set aside.

4. Meanwhile, heat oven to 200 C (400 F).

5. In a skillet, heat oil over medium heat. Add onions, red pepper, garlic and mushrooms; cook, stirring occasionally, for 5 minutes. Stir in pasta sauce. Spread over polenta in baking dish. Drop remaining polenta by spoonfuls over top. Sprinkle with remaining mozzarella and Parmesan. Bake, uncovered, for about 25 minutes, until heated through and browned. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

Ingredients

- 250 ml (1 cup) cornmeal
- 2 ml (1/2 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 750 ml (3 cups) boiling water
- 125 g (4 oz) cream cheese, cubed and softened
- 250 ml (1 cup) shredded mozzarella cheese, divided
- 125 ml (1/2 cup) grated Parmesan cheese, divided
- 15 ml (1 tbsp) vegetable oil
- 2 onions, thinly sliced
- 1 red bell pepper, thinly sliced
- 4 cloves garlic, minced
- 750 ml (3 cups) sliced mushrooms
- 500 ml (2 cups) tomato-based pasta sauce

Turkey Chili. Serve with rice or mashed potatoes

1. In slow cooker stoneware, combine all of ingredients except for the garnishes. Cook on high for 4 to 6 hours or on low for 8 to 10 hours, depending on your schedule.

2. Open lid for last 45 minutes of cooking to thicken, if desired. Mash squash with the back of a wooden spoon for additional thickening. **THE CANADIAN PRESS/CROCK-POT**

Ingredients

- 1 onion, carrot and celery stalk, chopped
- 500 ml (2 cups) each of chopped cored apples and diced butternut squash
- 4 cloves garlic, finely chopped
- 500 g (1 lb) ground turkey, cooked
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) ground cumin
- 5 ml (1 tsp) dried oregano
- 1 ml (1/4 tsp) each salt and freshly ground pepper
- 1 can (284 ml/10 oz) undiluted chicken broth
- 1 can (400 ml) light coconut milk
- 30 ml (2 tbsp) tomato paste
- 250 ml (1 cup) canned black beans, drained and rinsed
- Coconut flakes and cilantro, for garnish

Iconic white dress

Styles of 2013 wedding gowns draw on traditional shapes and fabrics

STEPHANIE ORFORD
For Metro

The bride in a white dress is an icon in our culture. Though the wedding may be a very public affair, the dress is a very personal decision. Luckily, there are styles out there to suit every taste.

"We really grow the styles from season to season," says Penina Levinson, fashion coordinator at Paloma Blanca, a Toronto-based wedding gown design house, and its sister line Mikaella Bridal.

The styles of 2013 draw on traditional shapes and fabrics.

Lace

This intricate fabric is hip again, lending subtle pattern and texture to this year's wedding gowns. At once concealing and revealing, lace can be used in many ways.

Levinson cites ways to update the look of traditional lace, such as lining it with a different colour to make the lace pattern "pop out."

Paloma Blanca gowns this season use lace in several different ways. On a fitted gown with a sweetheart neckline, lace draws attention to the body's curves.

A dress with a ruched lace bodice defines the waist with a ribbon.

Mikaella Bridal all lace keyhole back gown. MIKAELLA BRIDAL PHOTO

Mikaella Bridal all lace gown. MIKAELLA BRIDAL PHOTO

Paloma Blanca illusion neckline gown. PALOMA BLANCA PHOTO

Many of Paloma Blanca's veils and boleros have lace edging that complement the dress.

Ruffles

Paloma Blanca has incorporated ruffles into its dresses since 2010, "but they've been redeveloped every season," says Levinson. In 2013, a loose, lightweight ruffle adds volume to skirts, combining with curve-hugging bodices and waist-defining ribbons to create a feminine silhouette.

"You have kind of your classic ball gown in the shape, but it's a little more fun and flirty and young," Levinson says.

Peplum

Currently cropping up in casual dresses, shirts and jackets for women, the peplum has made its way into bridal fashion, "for a fashion forward bride," Levinson says. The style creates a flare outward from the waist to the hip.

"It makes your waist look tiny," Levinson says.

People can be intimidated by the bold style, she says, "but once they try it on it looks really good on."

Keyhole Backs

This dress style provides an elegant way to balance out covered shoulders by revealing something else — the back. In a keyhole back, sheer shoulder coverings button at the top of the back and open up in a window below.

"If somebody wanted a little coverage for the ceremony, this is an interesting way to be able to do it," Levinson says.

Regardless of the style, a wedding gown should always fit snugly, especially if it's strapless, Levinson advises. "But most of all a dress should make the bride feel beautiful and like a queen."

The Paloma Blanca peplum gown.

Paloma Blanca all-lace gown. Lace is hip again, lending subtle pattern and texture to this year's wedding gowns.

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Azarenka blazes into 3rd round Down Under

Australian Open.
World No. 1 makes short work of Daniilidou at Rod Laver Arena

Victoria Azarenka is starting to find some rhythm in her Australian Open title defence, almost dancing onto Rod Laver Arena to some disco tunes before racing through her 6-1, 6-0 second-round win over Eleni Daniilidou in 55 minutes.

With temperatures forecast to top 39 C, Azarenka clearly didn't want to be out in the heat.

"I felt like I'm back into the competitive mode," she said. "I was really focused — that was for sure the best part of the game for me."

No. 94-ranked Daniilidou only won 10 points in the first set and, despite having triple break point in the fourth game of the second, couldn't win a game in the second set.

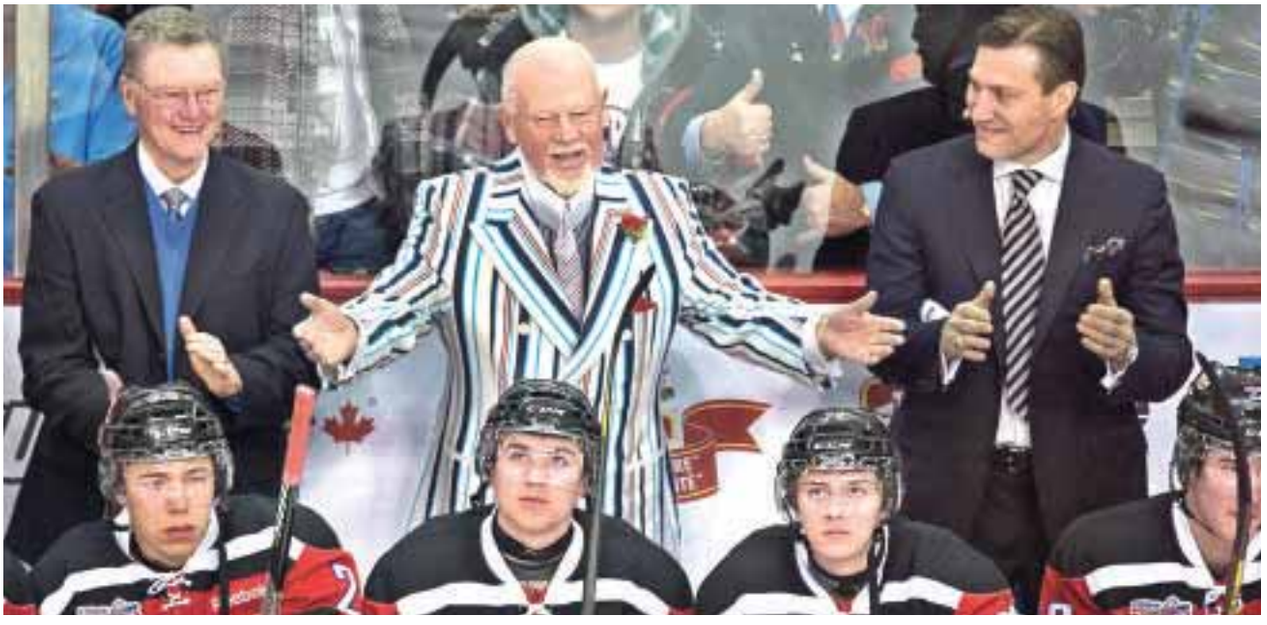
Azarenka's lopsided win came a day after No. 2-ranked Maria Sharapova, the woman she beat in the Australian final last year, recorded her second 6-0, 6-0 win of the tournament. THE ASSOCIATED PRESS

By the numbers

26

Azarenka won her first major at the Aussie Open last year, during a 26-match win streak to start the season.

Victoria Azarenka during Wednesday's match in Melbourne, Australia.
VINCE CALIGIURI/GETTY IMAGES



Cherry looking cheery in Halifax

Don Cherry gestures from the bench as assistants Brian Kilrea — former bench boss of the Ottawa 67's — and former NHLer Nick Kypreos, right, look on at the CHL Top Prospects Game in Halifax on Wednesday night. The event features 40 of the top draft-eligible Canadian junior hockey players chosen by Cherry and the opposing coach, the legendary Bobby Orr. Team Orr won 3-0. ANDREW VAUGHAN/THE CANADIAN PRESS

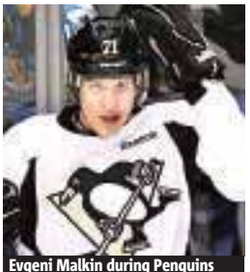
NHL. Malkin adjusting quickly after stint in Russia

While the rest of his Pittsburgh Penguins teammates got taped up before practice on Tuesday, Evgeni Malkin ducked off to the side and picked up a couple of personal items that'd been waiting for him during his working vacation in his native Russia.

You know, just the Hart Trophy. Oh, and the Art Ross Trophy for leading the league in scoring, too.

Despite being jet lagged, he practised for nearly three hours on Monday and appeared to be just fine on Tuesday.

"I'm ready," he said. "I'm in good shape. I'm ready to play (the season opener in) Philadelphia. The first game we've got to start hard with lots of hits. I have no injuries, nothing is sore." THE ASSOCIATED PRESS



Evgeni Malkin during Penguins practice in Pittsburgh on Monday.
THE ASSOCIATED PRESS

NHL

Zajac signs 8-year deal with Devils

The New Jersey Devils have signed centre Travis Zajac to a long-term contract.

Devils president and general manager Lou Lamoriello announced the deal on Wednesday, shortly after Zajac scored a goal in a scrimmage against Albany of the AHL. The deal runs eight years, and pays Zajac, who should be the No. 1 centre this season, $46 million.

Lamoriello said the two sides had started to work on the new contract before the NHL lockout began in September.
THE ASSOCIATED PRESS

NHL. Iginla returns, thinks he'll be ready for opener

Jarome Iginla practised at Flames training camp for the first time this season Wednesday. The captain believes he'll be ready to play in Sunday's season-opener against the San Jose Sharks.

The 35-year-old right-winger missed the first three days of training camp because of a groin injury.

"Thankfully I felt really good out there today," Iginla said following practice. "I didn't feel it and it felt way better than last week. Last week, it didn't feel very good at all.

"It was a good pace out there as a group and a good amount of volume."

The Flames were on the ice for two hours of drills and scrimmages Wednesday in front of about 400 people at Scotiabank Saddledome.
THE CANADIAN PRESS

Quoted

"Hopefully it's (an) issue that will never come up again."

Flames captain Jarome Iginla who skated for the first time Wednesday after sitting out the first three days of training camp with a groin injury.

Trestman to take on Bears' top job

NFL. Former Alouette will return south of the border, where he has served for eight teams

The Chicago Bears hired Montreal Alouettes coach Marc Trestman on Wednesday to replace the fired Lovie Smith and gave him two basic tasks — fix the offence and lead the team to the playoffs on a consistent basis.

How he meshes with quarterback Jay Cutler could go a long way toward determining his success.

It's the first NFL head-coaching job for Trestman, 57, a long-time assistant in the league who spent the past five seasons coaching the Alouettes, leading them to a 59-31 regular-season record and three Grey Cup appearances, winning twice.

Prior to arriving in the CFL in 2008, Trestman spent time in the NCAA coaching at Miami and North Carolina State and served in the NFL as a quarterback coach, running back coach and offensive co-ordinator with Minnesota (twice), Tampa Bay, Cleveland, San Francisco, Detroit, Arizona, Oakland and Miami.

Chicago general manager Phil Emery cast a wide net in his search, meeting with at least 13 candidates. Besides Trestman, he also brought back Seattle Seahawks offensive co-ordinator Darrell Bevell and the Indianapolis Colts' Bruce Arians for second interviews.

Trestman wasted little time starting to assemble his staff.

A person familiar with the situation said the Bears hired New Orleans Saints offensive line coach Aaron Kromer as their offensive co-ordinator, hoping to revive a unit that often sputtered with Mike Tice calling the plays.

The Dallas Cowboys, meanwhile, reported on their website that special teams coach Joe DeCamillis was leaving to become Chicago's assistant head coach/special teams co-ordinator. THE ASSOCIATED PRESS

Not ready to retire

QB Calvillo committed to 20th season

The Montreal Alouettes will have a new head coach in 2013, but a familiar face remains under centre.

Quarterback Anthony Calvillo isn't retiring. There were thoughts the 40-year-old might have a change of heart with Marc Trestman's departure, but the veteran quarterback emphatically stated he's all in for a 20th CFL season.

"One thing I've learned, I'm always going to trust the powers that be, (owner Robert) Wetenhall and (GM) Jim Popp, to get the right people in here to help us win," Calvillo told reporters in Montreal.
THE CANADIAN PRESS

Former Montreal Alouettes head coach Marc Trestman, pictured at a news conference in Montreal on July 16, 2012, has been hired by the Chicago Bears to replace the fired Lovie Smith. RYAN REMIORZ/THE CANADIAN PRESS FILE

NFL

Chip Kelly goes back on decision, joins Eagles

In the end, Chip Kelly chose the NFL, giving the Eagles their guy.

Philadelphia hired Kelly on Wednesday, just 10 days after he decided to stay at Oregon. The 49-year-old Kelly, known as an offensive innovator, becomes the 21st coach in team history and replaces Andy Reid, who was fired on Dec. 31 after a 4-12 season.

He'll be introduced at a news conference Thursday.

Kelly was 46-7 in four years at Oregon and recently led the No. 2 Ducks to a victory over Kansas State in the Fiesta Bowl on Jan. 3. THE ASSOCIATED PRESS

Baseball

Jays farm hand banned 50 games

Toronto Blue Jays pitcher Alan Farina has been suspended 50 games following the right-hander's second positive test under baseball's minor league drug program.

Farina is currently on the roster of Single-A Dunedin Blue Jays of the Florida State League.
THE CANADIAN PRESS

Coming clean. Armstrong says he 'left it all on the table' in Oprah interview

Lance Armstrong said Wednesday that viewers can judge for themselves how candid he was in his interview with Oprah Winfrey.

"I left it all on the table with her and when it airs the people can decide," he said in a text message to The Associated Press.

Armstrong responded to a report in the New York Daily News, citing an unidentified source, that he was not contrite when he acknowledged during Monday's taping with Winfrey that he used performance-enhancing drugs.

He's also held conversations with U.S. anti-doping officials, touching off speculation that the team leader who demanded loyalty from others may soon face some very tough choices himself: whether to co-operate and name those who aided, knew about or helped cover up a sophisticated doping ring that Armstrong ran on his tour-winning U.S. Postal Service squads.

"I have no idea what the future holds other than me holding my kids," he said.

Armstrong's interview with Winfrey won't begin airing until Thursday night, but already some people want to hear more — under oath — before he's allowed to compete again in elite triathlons, a sport he returned to after retiring from cycling in 2011.

A photo from the taping of Oprah and Lance Armstrong: The Worldwide Exclusive. COURTESY OF HARPO STUDIOS, INC./GEORGE BURNS/THE ASSOCIATED PRESS

In addition to stripping him of all seven of his Tour de France titles last year, anti-doping officials banned Armstrong for life from sanctioned events.

Former teammate Frankie Andreu, one of several riders Armstrong cast aside on his ride to the top of the sport, said no one is better-suited to provide anti-doping authorities with a blueprint for cleaning up the sport.

"Lance knows everything that happened," Andreu said. "He's the one who knows who did what because he was the ringleader. It's up to him how much he wants to expose."
THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	24	12	.667	—
d-New York	24	13	.649	½
d-Indiana	24	16	.600	2
Chicago	22	15	.595	2½
Brooklyn	23	16	.590	2½
Atlanta	22	16	.579	3
Boston	20	18	.526	5
Milwaukee	19	18	.514	5½
Philadelphia	16	23	.410	9½
Orlando	14	24	.368	11
Detroit	14	24	.368	11
Toronto	14	25	.359	11½
Charlotte	9	29	.237	16
Cleveland	9	31	.225	17
Washington	7	28	.200	16½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	30	8	.789	—
d-L.A. Clippers	30	9	.769	½
d-San Antonio	29	11	.725	2
Memphis	24	12	.667	5
Golden State	23	13	.639	6
Denver	24	16	.600	7
Houston	21	18	.538	9½
Portland	20	18	.526	10
Utah	21	19	.525	10
Minnesota	16	19	.457	12½
L.A. Lakers	17	21	.447	13
Dallas	16	23	.410	14½
Sacramento	14	24	.368	16
New Orleans	13	26	.333	17½
Phoenix	13	27	.325	18

Wednesday's results
Chicago 107, Toronto 105, OT
Orlando 97, Indiana 86
Atlanta 109, Brooklyn 95
New Orleans 90, Boston 78
Houston at Dallas
Denver at Oklahoma City
Memphis at San Antonio
Cleveland at Portland
Washington at Sacramento
Miami at Golden State
Tuesday's results
Indiana 103, Charlotte 76
New Orleans 111, Philadelphia 99
Brooklyn 113, Toronto 106
L.A. Clippers 117, Houston 109
Denver 115, Portland 111, OT
L.A. Lakers 104, Milwaukee 88
Thursday's games — All Times Eastern
New York vs. Detroit at London, England, 3 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Milwaukee at Phoenix, 9 p.m.
Miami at L.A. Lakers, 10:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Wednesday's results
MEN
Singles
Second Round

Novak Djokovic (1), Serbia, def. Ryan Harrison, U.S., 6-1, 6-2, 6-3.

David Ferrer (4), Spain, def. Tim Smyczek, U.S., 6-0, 7-5, 4-6, 6-3.

Tomas Berdych (5), Czech Rep., def. Guillaume Rufin, France, 6-2, 6-2, 6-4.

Janko Tipsarevic (8), Serbia, def. Lukas Lacko, Slovakia, 6-3, 6-4, 3-6, 4-6, 7-5.

Nicolas Almagro (10), Spain, def. Daniel Gimeno-Traver, Spain, 6-4, 6-1, 6-2.

Stanislas Wawrinka (15), Switzerland, def. Tobias Kamke, Germany, 6-3, 7-6 (4), retired.

Kei Nishikori (16), Japan, def. Carlos Berlocq, Argentina, 7-6 (4), 6-4, 6-1.

Sam Querrey (20), U.S., def. Brian Baker, U.S., 6-7 (2), 1-1, retired.

Fernando Verdasco (22), Spain, def. Xavier Malisse, Belgium, 6-1, 6-3, 6-2.

Evgeny Donskoy, Russia, def. Mikhail Youzhny (23), Russia, 3-6, 7-6 (4), 6-2, 3-6, 6-3.

Jerzy Janowicz (24), Poland, def. Somdev Devvarman, India, 6-7 (10), 3-6, 6-1, 6-0, 7-5.

Jurgen Melzer (26), Austria, def. Roberto Bautista Agut, Spain, 6-7 (4), 6-3, 6-7 (3), 6-3, 6-2.

Marcos Baghdatis (28), Cyprus, def. Tatsuma Ito, Japan, 3-6, 6-3, 6-2, 6-2.

Radek Stepanek (31), Czech Rep., def. Feliciano Lopez, Spain, 6-2, 6-2, 6-4.

Julien Benneteau (32), France, def. Edouard Roger-Vasselin, France, 4-6, 7-5, 7-6 (5), 7-6 (5).

Kevin Anderson, South Africa, def. Andrey Kuznetsov, Russia, 6-1, 7-5, 6-4.

Doubles
First Round

Mahesh Bhupathi, India, and **Daniel Nestor (5), Toronto**, def. Pablo Andujar and Guillermo Garcia-Lopez, Spain, 6-2, 6-4.

WOMEN
Singles
Second Round

Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.

Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.

Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.

Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.

Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.

Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.

Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.

Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.

Zheng Jie, China, def. Sam Stosur (9), Australia, 6-4, 1-6, 7-5.

Marion Bartoli (11), France, def. Vesna Dolonc, Serbia, 7-5, 6-0.

Ana Ivanovic (13), Serbia, def. Chan Yung-jan, Taiwan, 7-5, 1-6, 6-4.

Valeria Savinykh, Russia, def. Dominika Cibulkova (15), Slovakia, 7-6 (6), 6-4.

Julia Goerges (18), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-2.

Ekaterina Makarova (19), Russia, def. Stephanie Foretz Gacon, France, 6-3, 6-3.

Jelena Jankovic (22), Serbia, def. Maria Joao Koehler, Portugal, 2-6, 7-6 (5), 6-2.

Kirsten Flipkens, Belgium, def. Klara Zakopalova (23), Czech Rep., 6-1, 6-0.

Venus Williams (25), U.S., def. Alize Cornet, France, 6-3, 6-3.

Sorana Cirstea (27), Romania, def. Kristyna Pliskova, Czech Rep., 1-6, 6-3, 6-2.

Madison Keys, U.S., def. Tamira Paszek (30), Austria, 6-2, 6-1.

Heather Watson, Britain, def. Ksenia Pervak, Kazakhstan, 4-6, 7-6 (7), 6-2.

NFL

DIVISIONAL PLAYOFFS

Sunday's results
AFC — New England 41 Houston 28
NFC — Atlanta 30 Seattle 28
Saturday's results
AFC — Baltimore 38 Denver 35 (2OT)
NFC — San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
NFC — San Francisco at Atlanta, 3 p.m.
AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL XLVII

Sunday, Feb. 3
At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

♉ Taurus
April 21 - May 21
You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

♊ Gemini
May 22 - June 21
If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

♋ Cancer
June 22 - July 23
If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

♌ Leo
July 24 - Aug. 23
In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

♏ Scorpio
Oct. 24 - Nov. 22
With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

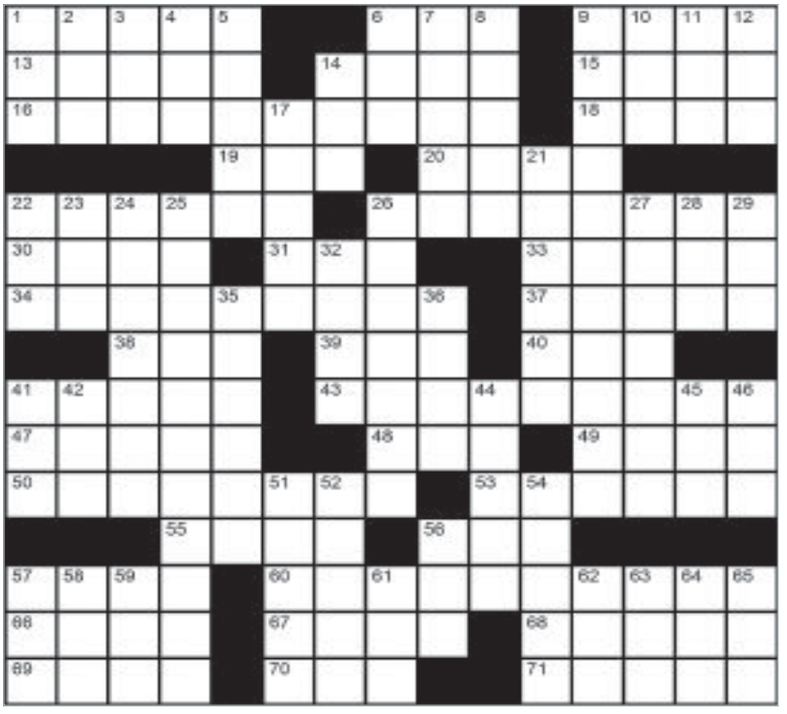
♑ Capricorn
Dec. 22 - Jan. 20
You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

♒ Aquarius
Jan. 21 - Feb. 19
There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for the better. SALLY BROMPTON

Crossword: Canada Across & Down

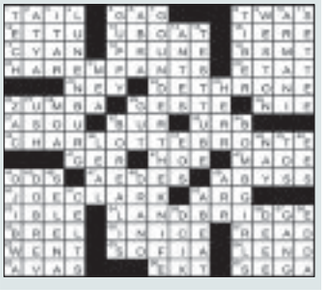
BY KELLY ANN BUCHANAN



Across
1. Island of wild horses in Canada
6. Michael Jackson song
9. Maritime folk tune: "Song for the __"
13. Nature photographer Mr. Adams
14. 'Star Wars' universe knight
15. Actress, __ Rachel Wood
16. New "American Idol" judge: 2 wds.
18. Cozy corners
19. Deryck Whibley's band, __ 41
20. "Me neither.": 2 wds.
22. Blessings
26. Accessorized like The Penguin
30. School subj.
31. Bird of Australia
33. Celebrity chef Ms. De Laurentiis
34. Saskatoon band, The __
37. Feminizing suffixes
38. Director Spike
39. Game-on-the-green org.
40. Teacher's pen
41. Loud
43. Eminem alias: 2 wds.
47. Armada
48. 'Client' completer
49. Halo
50. Scanned-at-checkout things: 2 wds.
53. Is allowed: 2 wds.
55. McGill, e.g.
56. Launch site
57. House entrance
60. Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
66. Lucy __ Montgomery
67. Donated
68. Halle Berry's Canadian ex, Gabriel __
69. Middles, mini-ly
70. Finish
71. Ms. Witherspoon

Down
1. __ Andreas Fault
2. Tropical cuckoo bird
3. Graduate's degree, e.g.
4. Currency in Albania
5. Beethoven's title lady
6. Mr. Mulroney
7. A Bell for __ (John Hersey Pulitzer-winning novel)
8. Mustard variety
9. Alberta city: 2 wds.
10. "__ had it!"
11. Sprinted
12. 'A' of Q&A, for short
14. Mr. Carrey
17. Pondered
21. Canadian communications company
22. Baseball execs
23. Cheerleader's cheer!
24. Designer's studio
25. Poutine pieces: 2 wds.
26. J.K. Rowling's non-magical folks
27. Some horse-drawn carriages
28. Dutch city
29. "__ Boot" (1981)
32. Cleans the floors
35. Quarterback Mr. Manning
36. Go on a yacht
41. Canadian cinematic org.
42. 'Motor' suffix
44. Actress Ms. Fox
45. "__. _ & the Women" (2000)
46. Former-NBAer, __ Ming
51. Mournful melody
52. Mineral water brand
54. __ Allan Poe
56. Dessert choice
57. Rap legends, Run-_ _ _
58. Porridge particle
59. __ Lady Peace
61. Home theatre item
62. Shade
63. UK award since 1917
64. Alternatives
65. Nice 'n Easy product

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4				6				3
	2				7	8	1	
	7		9	5				
	1					2		
5		7				4		1
		8					3	
				9	8		4	
	5	2	7				6	
9				2				7

Sharability

easy — hard

metro
WHAT NOT TO WEAR
metro
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